

## FOUR CORNERS HEALTH DEPARTMENT SUMMARY

### SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population were significantly better for two indicators related to emergency preparedness in the Four Corners area, compared to Nebraska. A greater proportion of adults indicated that they are currently equipped with a working battery-powered radio and more Four Corners residents say they would use a cell phone as their main source of communication in a disaster.
- Rates were significantly worse for two indicators in the Four Corners area than they were for the state overall. Fewer women aged 40 and older reported having a mammogram within the past two years. A smaller proportion of adults aged 50 and older in this area had a blood stool test in the past two years.

### SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- No significant changes in prevalence occurred between the 2005 baseline and current rates in the Four Corners area.

### HEALTH CARE ACCESS

Eleven percent of Four Corners respondents aged 18 to 64 years reported having no health insurance at the time of the survey.

In 2007-2008, 13.3 percent of adults in this area stated they did not have a personal doctor or health care provider.

At some time in the past year, 8.8 percent of Four Corners adults needed to see a doctor but could not due to the potential cost of care.

Six out of ten respondents (60.1 percent) reported visiting a doctor for a routine checkup in the past year. Men in the Four Corners area (48.9 percent) were significantly less likely than women (71.6 percent) in this area to have had a checkup in the last 12 months.

### GENERAL EMERGENCY PREPAREDNESS

In the Four Corners area, 17.1 percent of adults indicated their household was not prepared for a major disaster. Eight out of ten adults (80.8 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (55.3 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 12.1 percent of households said they did not. Similarly, 5.3 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

A significantly smaller proportion of Four Corners households (11.0 percent) did not have a working battery-powered radio, compared to Nebraska overall. Only 1.7 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the Four Corners area said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 5.7 percent stated they would not do so. Men (10.1 percent) were significantly more likely than women (1.2 percent) to say they would refuse to leave.

Compared to Nebraskans overall, a significantly greater proportion of Four Corners residents (82.0 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation. Men in this area (83.3 percent) were significantly more likely than men statewide to say they would use their cell phone to communicate under these circumstances.

More than one-half of respondents in this area (52.4 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

### HEALTH-RELATED QUALITY OF LIFE

Among Four Corners adults, 89.0 percent considered their general health “good”, “very good”, or “excellent.”

Adults in this area averaged 2.5 days in the past month when their physical health was “not good” and 2.1 days when their mental health was “not good”. Women (2.7 days) in the Four Corners area reported significantly

more days with poor mental health than men in this area (1.5 days).

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 3.0 days in the past month.

### DISABILITY

In 2007-2008, 14.6 percent of adults in the Four Corners area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems. Men in this area (11.9 percent) were significantly less likely than Nebraska men overall (16.6 percent) to report limitations resulting from these problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 5.2 percent of adults in this area.

### MENTAL HEALTH

Only 1.1 percent of Four Corners adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 4.6 percent of adults. Women in the Four Corners area (3.3 percent) were significantly less likely than women statewide (10.8 percent) to have current depression.

A larger proportion of adults (14.9 percent) said they had ever been diagnosed with a depressive disorder, while 10.2 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

### CARDIOVASCULAR DISEASE

In the Four Corners area, 3.5 percent of adults said they ever had a heart attack. Men (5.6 percent) were significantly more likely than women (1.6 percent) to report having a heart attack.

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 3.8 percent in this area, while 1.4 percent of Four Corners respondents said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 23.3 percent in 2007.

Nearly three-fourths of Four Corners adults (72.6 percent) ever had their cholesterol level checked and 70.0 percent had it tested in the past five years.

Among respondents who ever had their blood cholesterol level checked, 27.5 percent had been told it was high. A significantly smaller proportion of women in this area (20.1 percent) had elevated blood cholesterol, compared to women statewide (29.3 percent). These women were also significantly less likely than men in the Four Corners area (40.2 percent) to have been told their cholesterol was high.

### DIABETES

Among Four Corners adults, 7.0 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

### ARTHRITIS

One-fourth of adults in this area (24.1 percent) reported ever being diagnosed with arthritis.

### ASTHMA

The proportion of adults in the Four Corners area who had ever been told they had asthma was 11.4 percent, while 7.1 percent currently have this disease.

### OVERWEIGHT AND OBESITY

More than one-fourth of all adults residing in the Four Corners area (28.7 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 33.6 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 62.3 percent of adults in this area were overweight or obese in 2007-2008.

Men in this area (41.1 percent) were significantly more likely than women (26.3 percent) to report heights and weights that placed them in the overweight category.

### FRUIT AND VEGETABLE CONSUMPTION

One-fourth of Four Corners adults (24.2 percent) consume fruits and/or vegetables five or more times

daily. Women in this area (33.0 percent) were significantly more likely than men (16.3 percent) to consume these foods the recommended five or more time per day.

### PHYSICAL ACTIVITY

One-fourth of respondents in this area (25.5 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

One-half of Four Corners adults (52.3 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 29.2 percent of respondents from this area. Men in the Four Corners area were significantly less likely (25.4 percent) than Nebraska men overall (36.6 percent) to participate in vigorous physical activity.

### TOBACCO USE

Among Four Corners adults, 15.9 percent said they currently smoke cigarettes, either daily or on some days of the month. Women in this area (11.5 percent) were significantly less likely than women statewide (17.3 percent) to report currently smoking cigarettes.

Among current smokers, 52.0 percent reported trying to quit smoking at least once in the past 12 months.

Four out of ten Four Corners men (41.2 percent) said they had ever used smokeless tobacco, while 18.6 percent stated they currently use these tobacco products.

### ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 19.0 percent of adults in this area, while 5.7 percent engaged in heavy drinking in the past 30 days.

Drinking and driving was reported by 6.1 percent of adults in this area in the last month.

### CANCER SCREENING

Among women aged 40 and older in the Four Corners area, 59.0 percent stated they had a mammogram in the past two years. This rate is significantly lower than the Nebraska rate of 69.6 percent.

Among women aged 18 and older, 95.0 percent reported ever having a Pap test, while 73.2 percent said they had this test within the past three years.

Most men aged 50 and older (77.0 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 61.5 percent said they had this test in the past two years.

Among Four Corners adults aged 50 and older, 53.6 percent reported ever having a colonoscopy or sigmoidoscopy.

Among persons in this age group, 13.7 percent said they had a blood stool test in the past two years—a significantly smaller proportion than the Nebraska rate of 22.8 percent. Women in the Four Corners area (12.1 percent) were also significantly less likely than women statewide (24.2 percent) to report having this test in the last two years.

### IMMUNIZATION

Three-fourths of all adults aged 65 and older in the Four Corners area (75.5 percent) said they had been vaccinated for influenza in the past 12 months.

A smaller proportion of adults in this age group indicated they ever had a pneumonia vaccination (65.6 percent).

### ORAL HEALTH

Three-fourths of the adults in the Four Corners area (73.5 percent) had visited a dentist in the past 12 months and 71.8 percent had their teeth cleaned within the last year.

Nearly one-third of area respondents (31.9 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 11.6 percent reported having all their teeth extracted due to decay or gum disease.

FOUR CORNERS HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN		WOMEN		Gender Difference Significant?
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Sample Size	Weighted % or Mean	Compared to State
<b>HEALTH CARE ACCESS</b>								
1. No health care coverage among adults 18-64 years old	932	11.0	NS	415	11.5	517	10.2	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,427	13.3	NS	587	17.1	840	9.2	NS
3. Needed to see a doctor in past year but could not because of cost	1,429	8.8	NS	589	7.9	840	9.8	NS
4. Visited a doctor for a routine checkup within the past year	1,410	60.1	NS	581	48.9	829	71.6	NS
<b>GENERAL EMERGENCY PREPAREDNESS</b>								
1. Household not prepared for major disaster	527	17.1	NS	198	16.3	329	17.9	NS
2. Household has no disaster evacuation plan	526	80.8	NS	197	79.3	329	82.6	NS
3. Does not have at least 3-day supply of water	525	55.3	NS	198	54.1	327	55.9	NS
4. Does not have at least 3-day supply of non-perishable food	525	12.1	NS	197	11.2	328	12.9	NS
5. Does not have at least 3-day supply of prescription drugs	525	5.3	NS	195	4.8	330	5.7	NS
6. Household has no working battery-powered radio	522	11.0	Sig.	197	8.1	325	13.9	NS
7. Household has no working battery-powered flashlight	529	1.7	NS	198	1.7	331	1.5	NS
8. Household would not leave home if evacuation were required	490	5.7	NS	178	10.1	312	1.2	NS
9. Household would use cell phone as main source of communication	496	82.0	Sig.	189	83.3	307	81.1	NS
10. Household would use radio as main source of information	491	52.4	NS	187	51.5	304	53.9	NS
<b>HEALTH-RELATED QUALITY OF LIFE</b>								
1. General health was 'good' to 'excellent'	1,430	89.0	NS	589	89.2	841	89.0	NS
2. Average number of days (in past month) that physical health was not good	1,406	2.5	NS	583	2.1	823	2.8	NS
3. Average number of days (in past month) that mental health was not good	1,414	2.1	NS	583	1.5	831	2.7	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	666	3.0	NS	240	3.0	426	3.0	NS
<b>DISABILITY</b>								
1. Limited in any way in any activities due to physical, mental or emotional problems	1,419	14.6	NS	584	11.9	835	17.3	NS
2. Have health problems requiring use of special equipment	1,424	5.2	NS	586	5.2	838	5.0	NS
<b>MENTAL HEALTH</b>								
1. Had serious psychological distress (SPD) in past 30 days	238	1.1	NS	83	1.0	155	1.1	NS
2. Have current depression (based on Severity of Depression score of 10+)	263	4.6	NS	117	5.5	146	3.3	Sig.
3. Lifetime diagnosis of depressive disorder	280	14.9	NS	128	10.9	152	17.9	NS
4. Lifetime diagnosis of anxiety disorder	278	10.2	NS	127	10.5	151	9.6	NS

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<b>CARDIOVASCULAR DISEASE</b>									
1. Ever told they had a heart attack or myocardial infarction	1,426	3.5	NS	588	5.6	NS	838	1.6	NS
2. Ever told they had angina or coronary heart disease	1,413	3.8	NS	581	4.3	NS	832	3.3	NS
3. Ever told they had a stroke	1,430	1.4	NS	588	1.4	NS	842	1.4	NS
4. Ever told blood pressure was high	521	23.3	NS	208	26.2	NS	313	20.0	NS
5. Ever had cholesterol level checked	517	72.6	NS	205	66.7	NS	312	78.8	NS
6. Had cholesterol level checked during the past five years	510	70.0	NS	204	65.5	NS	306	74.8	NS
7. Ever told cholesterol was high, among those who had ever been screened	434	27.5	NS	163	40.2	NS	271	20.1	Sig.
<b>DIABETES</b>									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,431	7.0	NS	589	6.9	NS	842	7.3	NS
<b>ARTHRITIS</b>									
1. Ever diagnosed with arthritis	513	24.1	NS	204	25.0	NS	309	22.9	NS
<b>ASTHMA</b>									
1. Ever told they had asthma	1,430	11.4	NS	587	13.3	NS	843	9.4	NS
2. Currently have asthma	1,427	7.1	NS	586	7.3	NS	841	6.8	NS
<b>OVERWEIGHT AND OBESITY</b>									
1. Obese (BMI=30+)	1,380	28.7	NS	583	31.5	NS	797	25.2	NS
2. Overweight (BMI=25.0-29.9)	1,380	33.6	NS	583	41.1	NS	797	26.3	NS
<b>FRUIT AND VEGETABLE CONSUMPTION</b>									
1. Consumed fruits and vegetables 5 or more times per day	511	24.2	NS	203	16.3	NS	308	33.0	NS
<b>PHYSICAL ACTIVITY</b>									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,429	25.5	NS	587	28.1	NS	842	22.4	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	480	52.3	NS	197	48.6	NS	283	57.0	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	494	29.2	NS	197	25.4	Sig.	297	34.1	NS
<b>TOBACCO USE</b>									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,425	15.9	NS	587	20.0	NS	838	11.5	Sig.
2. Attempted to quit smoking in past 12 months (among current smokers)	184	52.0	NS	94	45.6	NS	90	64.8	NS
3. Ever used smokeless tobacco (males)	--	--	--	370	41.2	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	131	18.6	NS	--	--	--

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<b>ALCOHOL CONSUMPTION</b>									
1. Engaged in binge drinking in the past 30 days	540	19.0	NS	216	21.4	NS	324	16.3	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,402	5.7	NS	574	8.1	NS	828	3.2	NS
3. Engaged in drinking and driving in the past 30 days	466	6.1	NS	234	8.1	NS	232	3.0	NS
<b>CANCER SCREENING</b>									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	560	59.0	Sig.
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	685	95.0	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	674	73.2	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	78	77.0	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	78	61.5	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	85	78.1	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	85	51.8	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	745	53.6	NS	295	50.8	NS	450	56.4	NS
9. Among adults aged 50+, had a blood stool test in past two years	674	13.7	Sig.	272	15.8	NS	402	12.1	Sig.
<b>IMMUNIZATION</b>									
1. Had a flu shot in past 12 months (aged 65+)	494	75.5	NS	171	73.2	NS	323	77.3	NS
2. Ever had a pneumonia vaccination (aged 65+)	478	65.6	NS	164	60.1	NS	314	69.7	NS
<b>ORAL HEALTH</b>									
1. Visited the dentist in past 12 months	904	73.5	NS	380	71.2	NS	524	75.8	NS
2. Had teeth cleaned in past 12 months	844	71.8	NS	359	70.1	NS	485	73.5	NS
3. Had one or more teeth extracted due to decay or gum disease	895	31.9	NS	376	30.3	NS	519	33.6	NS
4. Had all of their teeth extracted (aged 65+)	306	11.6	NS	113	9.0	NS	193	13.6	NS

## NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska